

# Phone-Free Friday

March 4, 2016



Phones are a helpful tool and a great way to connect with friends and family. But they are also very time consuming and a constant distraction from school, work, and one's surroundings.

Parents often buy phones for their children as a means to keep them safe. **However, the reality is that having a phone actually increases youth at-risk behaviors such as drinking, drugging, and more.**

Think about it: if a youth wants to engage in an at-risk behavior with a friend, having a phone to text or call is helpful in terms of planning and actually doing such an activity. This is not to say that all youth use their phone for such purposes... rather that some do and that having such a device makes it easier to organize harmful activities.

So, if you are an adult, take a break from your cell phone on **Friday, March 4<sup>th</sup>**. And if you have children, take away their cell phone for a day --- not only will you enjoy more time with them, but you might have the added bonus of decreasing their opportunity to engage in harmful behaviors.

Learn more at [www.needhamma.gov/youth/unplugged](http://www.needhamma.gov/youth/unplugged)